



# PHILIP JAISOHN Memorial Foundation

6705 Old York Road, Philadelphia, PA 19126

T: (215) 224-2000 [www.jaisohn.org](http://www.jaisohn.org)

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## Friends Foundation for the Aging: Grant Report 2021-2022

### Visiting Jaisohn Health

#### **1. What problem were you addressing? What solution did you propose to address it?**

We were addressing the discrepancies in health and human services received by the Asian American seniors caused by their language, cultural, technology and transportation barriers at the Advanced Living Communities (ALC). ALC has about 150 Korean and Chinese American seniors and they do not have much access to health and human services in that area. Our proposed solution was to provide a combination of preventive healthcare, mental health counseling, education classes and social service support onsite at the Advanced Living Communities to help the seniors stay healthy physically, mentally, emotionally and socially.

#### **2. What actions did you take? What worked and didn't work toward your objectives? Please share any unanticipated benefits or barriers encountered.**

We first developed and strengthened our relationship with the Advanced Living Communities, solidified our partnership with a MOU and then opened Jaisohn Wellness Center inside the Schwenckfeld Manor of the Advanced Living Communities in order to make Visiting Jaisohn Health permanent there. We equipped Jaisohn Wellness Center with stationary bikes, weighted bars, hand bikes and computers for the seniors to use and hired an Administrative Coordinator with Christian Counseling background to build relationships with the seniors. We began offering classes in October 2021 and had our Grand Opening Ceremony on December 10, 2021.

At the Jaisohn Wellness Center, we are offering Line Dance, Singing, ESL and Mindfulness classes and social/navigation services support plus mental health counseling. Social/navigation services are extremely important to the seniors because their inability to handle their personal matters due to language barrier can become a major source of stress for them causing mental harm. Registration for Line Dance, Singing, ESL and Mindfulness classes have more than tripled since the soft opening in October 2021 and we are now running out of space for some of the classes already.

As we were getting feedback from the seniors, we have learned that classes like line dance were not as attractive to the male seniors so we listened to their requests and purchased Korean chess boards for them and will be acquiring more directly from Korea this month. Also based on the feedback from the seniors, we launched a weekly "WELLNESS WALK for Physical and Mental Health" program. With support from the

Montgomery County Senior Services, we scouted appropriate walking trails and we led a dozen members from the Jaisohn LIFE Academy and Montgomery County Korean Senior Association on weekly walks over the last two months with plans of adding educational components such as outdoor mindfulness exercises and correct use of walking canes, etc.

During summer, we offered intergenerational technology classes where our college intern and a staff taught weekly classes individually and in small groups on how to use smart phones. Our intern created lesson plans in Korean for both Apple and android phones and worked with the seniors at their pace to teach how to take photos and send to others, text, utilize zoom, etc.

In addition to the classes, Jaisohn Wellness Center is providing safe and convenient space for senior groups to gather in the Lansdale area. The Vietnam War Veteran Association has been holding their monthly meetings since April 2022 at Jaisohn Wellness Center. We have also hosted health education seminars in August, September and October as well as COVID-19 vaccine clinics at JWC since it is a convenient and safe location for the Asian American seniors in this Anti Asian climate. We have used this site for multiple community town hall meetings for Montgomery County initiatives such as the MontCo ARPA Grant program, Community Services Conversation gatherings. The Jaisohn Wellness Center is also being used as a central distribution location for Asian and African American community partners for rapid test kits and N95 masks

**3. How did you measure success--both quantitative and qualitative? Please include numbers and demographics of people touched by the work.**

We are trying to develop a template for the APA senior center like programs. Thus, the majority of the attendees have been Korean American seniors this year living at the Advanced Living Communities as well as the surrounding Lansdale area. Majority of the seniors we serve are those right above the threshold of eligibility for Medicaid and waiver programs but are not financially comfortable to attend paid programs.

From November 2021 to September 2022, line dance class grew from 11 registrants to 47, singing class from 11 registrants to 33, ESL class from 5 to 18, and mindfulness class from 3 to 11. Additionally, we provided social and navigation services to 241 duplicate visitors during that time period and 17 counseling sessions. 35 seniors attended our health education classes, 7 Vietnam War veteran meetings were held at JWC with an average of 8 members at each meeting. We have also used Jaisohn Wellness Center to host Asian American Coalition meetings, 3 mental health workshops during summer for Asian American youth and parents, COVID-19 vaccine clinics and to distribute COVID-19 2,000 test kits and PPE to 33 Asian American Coalition and local African American faith community members.

**4. How did partnerships/collaborations enhance or challenge the project?**

We believe that our work is not possible without partnerships and collaborations. Partnership with the Advanced Living Communities was absolutely necessary in establishing Jaisohn Wellness Center to provide services to the seniors. Collaborations with the county, other organizations and communities and the Asian American Coalition and local small African American faith organizations are enabling us to grow in ideas and service capabilities.

**5. Include a budget and actual for the project during the reporting period.**

**Budget for 2021-2022 Friends Foundation Grant Application**  
Visiting Jaisohn Health at Advanced Living Communities (12-Months)

**EXPENSES:**

| Items                        | Unit Cost            | Period            | Subtotal (\$)    | Actual (\$)     | FFA Grant       | Narrative                                                  |
|------------------------------|----------------------|-------------------|------------------|-----------------|-----------------|------------------------------------------------------------|
| Rent                         | \$1,200/mo           | 12 Months         | \$14,400         | \$12,000        |                 | \$1000/month                                               |
| Admin Assistant & Counseling | \$13/hr              | 3days/wk, 12 mos  | \$16,224         | \$10,816        |                 | \$13 x 4 hrs x 4 days x 52 wks                             |
| Project/Office Manager       | \$30/hr              | 2days/wk, 12 mos  | \$24,960         | \$12,480        | \$2,000         | \$30x 8hrs x 52 wks                                        |
| Social Service/Navigation    | \$13/hr              | 2days/wk, 12 mos  | \$10,816         | \$5,408         | \$5,408         | \$13 x 8 hrs x 52 wks                                      |
| Instructors                  | \$35/hr              | 2days/wk, 9.5 mos | \$21,000         | \$4,296         | \$4,296         | \$30 x 143 instructional hours among 3 instructors         |
| Program/Event Costs          | \$2,000/event        | 5 events          | \$10,000         | \$13,504        | \$3,296         | Opening Event, Senior Survey Outreach Dinners              |
| Meal Costs                   | \$12/meal, 30 people | 2 days/week       | \$28,800         | \$0             |                 | Meals were not provided                                    |
| Travel Costs                 | \$150/month          | 12 Months         | \$1,800          | \$679           |                 | Jance Shin's travel expenses                               |
| Phone & Utility Costs        | \$150/month          | 12 Months         | \$1,800          | \$3,477         |                 | Phone and internet                                         |
| Office Expense               | \$100/month          | 12 Months         | \$1,200          | \$3,382         |                 | \$500 cleaning fee for 6 months, \$382 liability insurance |
| Initial Equipment & Books    |                      |                   | \$15,000         | \$15,002        |                 | Initial set up cost including equipment, books, etc.       |
| Advertisement                |                      |                   | \$0              | \$3,780         | \$1,000         | Advertisement in Newspaper                                 |
| <b>Total:</b>                |                      |                   | <b>\$146,000</b> | <b>\$84,824</b> | <b>\$15,000</b> |                                                            |

**REVENUES:**

|                              |  |  |                  |                 |  |         |
|------------------------------|--|--|------------------|-----------------|--|---------|
| HealthSpark Design Grant     |  |  | \$30,000         | \$30,000        |  | Awarded |
| Friends Foundation for Aging |  |  | \$15,000         | \$15,000        |  | Awarded |
| VNA Foundation               |  |  | \$25,000         | \$30,000        |  | Awarded |
| MontCo or PCA                |  |  | \$10,000         | \$0             |  |         |
| Philip Jaisohn or Pew        |  |  | \$47,200         | \$0             |  |         |
| <b>Total:</b>                |  |  | <b>\$127,200</b> | <b>\$75,000</b> |  |         |

**6. What conversations have you had on how to sustain the project after the grant, and do you have plans to share your results with other organizations?**

We would like to use this “Visiting Jaisohn Health” at JWC template which we have tested to be successful to establish a “Senior Center” and extend the JWC program to other Asian American seniors. The Asian American community is not homogeneous and is made up of many distinctive ethnic groups. Although the overarching needs are similar, one size does not always fit all for the seniors due to language and cultural differences. Thus, there is a need for culturally sensitive services and programs at convenient locations for each ethnic group. Unlike the mainstream seniors, it is unrealistic to bring seniors from different ethnic backgrounds to one location and offer the same activities and same food in one language.

Therefore, we want to replicate JWC programs and personalize it for other ethnic communities by working closely with their own faith and/or nonprofit organizations. We would start with limited scope activities like ESL class which majority of the AA seniors need and add mindfulness, line dance or culturally appropriate physical exercise, or singing classes depending on the wish of that community seniors. Then we will also add social services navigation support in that community’s language with bilingual/bicultural staff. Programs like the “WELLNESS WALK for Physical and Mental Health” would allow joint participation from seniors from different ethnic communities allowing exposure to other cultures and networking opportunities.

**7. Feedback on your interaction with FFA would be helpful. How have we helped? Made it harder? What else can we do to facilitate your work?**

Susan Hoskins’ support and attendance at Jaisohn Wellness Center’s Grand Opening Ceremony in December 2021 and her plans to attend the first performance event at JWC on December 7, 2022 is a huge source of encouragement to our organization and the work we are pursuing.

At this point, we need further support to continue providing programming for the seniors. We were awarded \$5,250,000 in ARPA Grant from Montgomery County. This funding will allow us to relocate to a larger space in Montgomery County to grow our services but we have not received any funding for the actual program support that we have requested. We are in need of securing additional funds to continue the work we have started to serve the larger Asian American community.

**8. Additional comments:**

3.22